



ORAL SURGERY PRE OPERATIVE

Carefully follow these instructions for the best results

-VITAMINS: Vitamin use will start several weeks prior to surgery if time allows. These are all helpful for general healing, and focused on bone and tissue healing for you post operatively.

- **Multi-Vitamin - Once Daily**
- **Folic Acid 400-800 mg Once Daily**
- **Vitamin D3 2000 IU**
- **Vitamin C Ester - time released with Bioflavonoids 500mg- 1000mg Once Daily**

-ANTIBIOTICS: Will be written and taken prior to appointment based on procedure.

- **Amoxicillin: 2g 30-60 minutes prior to procedure**
- **Azithromycin 500mg (Only will be prescribed if allergic to Penicillin)**
- **Augmentin 875mg for 10 days (Prescribed for Sinus Surgeries)**

-STEROIDS: Steroids are taken morning of procedure and following days to help you with inflammation.

- **Dexamethasone 4mg tablets. You will be prescribed 5 of these tablets**
 - **Take 2 Morning of your surgery**
 - **Take 2 the morning after your surgery**
 - **Take 1 the 2nd morning after your surgery**



ORAL SURGERY POST OPERATIVE

-BLEEDING: Slight bleeding after the surgery is normal. Should you feel that the bleeding is more than normal, apply a **moist gauze pad or moist tea bag** with firm pressure for 20 minutes to the bleeding area. If bleeding continues, call our office.

-SWELLING: A certain amount of swelling is expected following most procedures. It should begin to resolve in 3-4 days. During the first 72 hours it is very important to use an **ice pack** to reduce the swelling. Place the ice pack on the affected area **20 minutes on and 20 minutes off** as often as possible. Patients that are consistent with using an ice pack will experience less swelling and less post operative discomfort.

-RINSING: DO NOT RINSE MOUTH TODAY: After the first 24 hours rinse mouth gently every 3 to 4 hours (especially after meals), using one teaspoon of salt to one 8 oz. Glass of warm water. Continue rinses for several days.

-It is very important to avoid:

- **Spitting**
- **Smoking**
- **Sucking through a straw**

-DIET: Do not eat for the first two hours after your appointment. Then, a light diet is advisable for the next 24 hours.

-ACTIVITY: After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure down will aid in healing.

-BRUSHING TEETH: Avoid brushing or flossing for the first 24 hours. After this, brush the rest of the mouth normally. Use a manual soft toothbrush, not electric. Do your best to keep the area clean, the cleaner you can keep the surgical area the better it will heal.

-PRESCRIPTIONS: Take your medications faithfully as they are prescribed to you.

PAIN PACK PROTOCOL: Take 800mg followed by 1000 mg Tylenol 1 hr later. Repeat the Ibuprofen again 6-8 hours after first dose as needed to manage pain.

-NAUSEA: This is most often caused by taking pain medications or antibiotics on an empty stomach. Reduce nausea by taking medications with food and drinking a large glass of water.

-SUTURES: We use dissolvable or non dissolvable sutures. You will be given a post operative appointment to remove any non dissolvable sutures following your procedure. Generally, dissolvable sutures will dissolve in 5-10 days.

- **SINUS SURGERY-** for 2 weeks you do not want to suppress a sneeze to prevent pressure on the sinus. Also do not blow your nose. If you have a runny nose just have a Kleenex available to wipe and not blow. It can be normal to see some blood when wiping nose after procedure.

